



# You are what you eat

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As a Chef turned Nutritional Neuroscientist, I explore how the food that we eat impacts the way we think. As a part of my graduate training I design dietary interventions. The “cupcakes” in this image are actually not cupcakes at all, they’re 90% egg powder with a dash of sugar and flour. They’re tightly controlled isocaloric vessels of lutein that will serve as the intervention of a randomized control trial in preadolescents with below average retinal lutein levels. Lutein, a carotenoid found in eggs, avocados, and leafy green plant sources, is all about helping the brain function. By eating a “cupcake” filled with lutein a day we anticipate seeing improvements in attention, memory, and neural efficiency in as little as a month. This was the first successful attempt of many (many) recipes to create a product that met all our nutrient criteria and that a preadolescent would look forward to eating every day. The fact that they were the first recipe I tried with sprinkles was just a magic bonus.